

ABSTRACT OF THE DISCLOSURE

A device for muscle training to mimic deep sea sports fishing has a frame and a seating surface coupled to the frame. A plurality of foot rests are coupled to the frame. These footrests are adjustable in a position in relation to the seating surface to adapt to a user's dimensions. At least one bearing is coupled to the frame and coupled to the bearing is a rod. The rod is rotatably coupled to the frame and has a first end and a second end. The rod has at least two sections with a first longer section disposed between the first end and the bearing and a shorter second section disposed between the second end and the bearing. At least one stress application unit is directly coupled to the second end of the rod. The stress application unit may be coupled to the frame at an opposite end. The rod is then biased in a first position by the stress application unit and rotatable to at least a second position against a prestressed force from the stress application unit.